Elevate

By The Beauty Works Ltd

INSTRUCTIONS FOR USE

(FOR MODEL EL-101)

ABOUT THE BEAUTY WORKS LIMITED

At the Beauty Works, we understand the importance of 'taking care of yourself' and improving self confidence by improving the way we look and feel. Most of us have days when we're not feeling or looking our best, and for many of us our jobs, family and hectic lifestyle prevent us from sticking to our diets, exercise routines and other regimes which improve our general well being.

You can visibly reduce the signs of ageing with the Elevate and Sleek Cheeks, our fantastic micro-facial exercisers. Tone up flabby chins, saggy jowls and reduce fine lines around the eyes.

These excellent products will help you to look and feel years younger. Rejuvenate your skin with the new Skin-Light Therapy, or reveal a fresher clearer complexion using the Diamond Peel.

Is your skin looking tired? A little sallow and in need of a pick me up? Enhance your skins' natural balance and help to control acne, oily T-Zone, spots and blemishes with the Clear Zone.

Do your clothes feel uncomfortable and pull tight? Pinch at your tummy and nip at the hip? Blouse buttons a little strained? Whether its only a few weeks away from your holiday, Christmas party or an important date. Our Lean Machine range is the answer to toning up all the parts of your body.

Dare to bare all ……. Cellu Smooth for super sexy legs WITHOUT the Cellulite! A true ultrasound unit to remove cellulite based on salon systems.

Follow this up with our easy, smooth self tanner the Airbrush Tanning System.

Our latest and most innovative products include:

DIAMOND PEEL	SKIN-LITE THERAPY
ELEVATE	UV NAIL DRYER (professional)
DIGITAL LEAN MACHINE	CLEAR ZONE

The Beauty Works have developed a range of health and beauty care products, specially for use within the privacy of your home. All of which you will enjoy using regularly with excellent results and renewed confidence. Please do not hesitate to call our help line if you would like personal advice on which of our products is best suited to you.

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INTRODUCTION

Our new Elevate is simply stunning. This is the most effective way to have a facelift without re-sorting to surgery. The added advantage to facial toning is that you lose none of your own facial characteristics, only the lines and sagging which occurs with ageing.

The Elevate has three settings:

- Normal facial 6 minutes
- Relaxing facial 6 minutes
- Intensive facial 4 minutes

All the settings are designed to help increase circulation thus removing waste matter from the muscle fibres at the same time as nourishing and regenerating the skin cells.

The positive effect of using the Elevate (either a few times a week or each day) is a clear, toned, firm and glowing appearance.

This facial toner like the Sleek Cheeks has been specifically developed to treated the face and neck muscles, which cannot easily be exercised. The main differences between our Sleek Cheeks and the Elevate is that the Elevate has three program settings and set program times for the treatment depending on which program you use. These have been incorporated into a superbly designed modern unit to make the treatment as simply to operate and effective as possible.

It electronically reproduces the impulses normally sent by the brain, causing the muscle to contract at a controllable rate.

Gentle, passive treatment with the Elevate tones up tired muscles and stimulates the supply of blood to the skin tissue, thus nourishing the cells and disposing toxic substances. This combined effect actually helps to slow down the appearance fo the ageing process.

PREPARATIONS FOR TREATMENT

In addition to your Elevate, you will require:

- A water based moisturising cream
- A watch or clock, and
- A mirror

Remove all traces of cosmetics from the face and neck. Pin back your hair and remove any garment or jewellery obstructing the areas for treatment.

TREATMENT

Study and follow the exercise diagrams. Gently massage the moisturizing cream onto the area that you have chosen to exercise first. Also dab the Elevate heads with a little cream.

OPERATION:

This appliance is designed for use with 1 x PP3 battery. If the power starts to weaken or becomes less effective it will be necessary to replace the battery for a new one.

HOW TO USE YOUR ELEVATE

1. After inserting the 1 x PP3 battery into Handset 1, close the battery cover.
2. On the 2nd handset, press the On/Off button down and the LCD will switch On.
3. The LCD is preset to program 1, which runs for 6 minutes.
4. At this stage there is no output from the unit and in order to turn this on you must decide which of the programs you wish to use – scroll through the programs by pressing the PROG button on the front of the unit.
5. Apply a water-based moisturiser to the skin on the area to be treated before applying the silver contacts to the skin. DO NOT apply the contacts to the skin when the unit is switched On without the cream.
6. To start the program push the STRENGTH button – which is on the side of each handset – upwards, and the bar on the LCD next to the 1 or 2 (depending on which handset you have used) will show. Each additional push upwards will show an additional bar – this shows the individual strength setting on each handset.
7. Be careful when setting the strength level to follow the instructions on the first use to ensure that a lower setting is used initially. This can then be increased over the next sessions.
8. Set the strength level on each handset, to ensure an even contraction on both sides; don't worry if one side has a higher setting than the other. This is due to the difference in muscle tone that sometimes occurs.
9. As soon as the strength buttons have been pushed the program will commence and will run for the length of the program, which will be either 6 or 4 minutes. The LCD will show PROG 1 to indicate the program chosen.
10. This PROG will flash continuously showing the handset is now functioning and will switch Off at the end of the program. The strength levels will reset at the end of the program.
11. When the silver contacts are applied to the skin and the handset is switched On you will feel a faint tingling and the muscles in the area being treated will contract. This sensation will feel strange initially but will become more comfortable after use. If you cannot feel any sensation you will need to move the contacts slightly around to received a good contact.
12. If you press the HOLD button, which is on the side underneath the STRENGTH button, the settings will be preserved at the current positions until the HOLD button is pressed again. You cannot change the program or strength levels whilst the HOLD button is switched On. To reactivate the controls press the HOLD button again.
13. After 15 minutes of inactivity the unit will switch Off to preserve the battery. To turn the unit back on press the On/Off button again.

TREATMENT STRENGTHS

Your facial muscles are very delicate. Do not strain them either by exceeding the stated duration or frequency of the treatments, or by setting the control to exceed a gentle movement.

Exercise each area in turn for three minutes. Remember to moisten each area and exercise heads before each treatment.

Give your face a daily treatment to begin with. After about one week when your face muscles become accustomed to the exercise, this may be increased, provided a minimum of 3-4 hours is allowed between treatments of the same muscle area. After 8 to 12 weeks of daily use you will see an improvement in your appearance. Continue to use your Elevate once or twice a week on a regular basis.

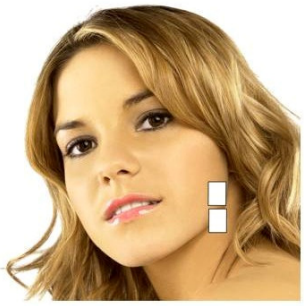
NB. Clean the exercise contacts regularly with a clean dry cloth

DIAGRAMS FOR USE

EXERCISE 1
Placement: Position the exercise heads on the underside of the jaw, pushing gently upwards. You should experience a downwards and sideways movement of the lower lip. The chin may also pucker.
Effect: Reduces flabby chins and tightens the skin under the mouth.

EXERCISE 2
Placement: Position the exercise heads on the underside of the jaw, pushing gently upwards. Your chin should pucker and the lower lip move upwards and sideways.
Effect: Tightens the skin on the side of the neck and jaw and improves the jaw line.

EXERCISE 3
Placement: Position the exercise heads at the top of the jawbone back at the angle of the jaw. Both the upper and lower lips should pucker. N.B. Ensure that the exercise heads do not wander down the neck or onto the cheek.
Effect: Improves the muscles around the mouth and improves the lines around the lower cheek and mouth.



EXERCISE 4
Placement: This position is close to the ear. The exercise heads should be positioned vertically with the lower head remaining in the same position as Exercise 3. You should experience a combined flutter of the eye and mouth.
Effect: Stimulates the circulation on the side of the face and improves the lines around the upper lip, nose and cheeks

WARNING: Sleek Cheeks should not be used on people with serious illness or nervous disorders. Nor should it be applied on damaged tissue, enlarged moles or injured areas. It is not recommended for anyone under the age of 18 years. Keep out of reach of children.

EXERCISE 5
Placement: The exercise heads should be raised from their position for Exercise 4 until the upper head is just above the top of the ear. You should experience a movement between the eye lid and the eyebrow with the forehead lifting. If the eye lids close reduce the control settings. This treatment should be done in a gentle manner.
Effect: Improves the eyebrow area and the contours of the eye.

EXERCISE 6
Placement: Hold the exercise heads under the cheek bone on a line between the corner of the mouth and the ear. You should experience a gentle lift of the mouth and cheek. If necessary move around the area to achieve desired effect, e.g. move exercise heads to a move vertical position.
Effect: Improves the areas under the chin, jaw, cheek and mouth corner.

EXERCISE 7
Placement: The exercise heads should be positioned on the side of the neck between the windpipe and the diagonal muscle. Experiment with the position until the neck tendons protrude both under the chin and the collar bone area. N.B. Ensure that the exercise heads are not positioned too far outwards. This will result in the muscles between the collar bone and ear reacting strongly.
Effect: Tightens the muscles at the base of the neck to the

BENEFITS OF USING THE ELEVATE

- Elevate tones and firms slack or weak facial muscles.
- Elevate will increase circulation to the surface skin tissue thus nourishing the cells and disposing of toxic substances.
- Improves the appearance of facial muscles by visibly tightening specific muscle groups.

GENERAL CAUTION

A careful study of the following important safety precautions is strongly recommended:-

1. DO NOT IMMERSE IN WATER.
2. Use the appliance only for its intended use as described in this manual.
3. Do not continue to use the appliance if it is not working properly, or has been dropped, or if it has been dropped in water.

YOUR QUESTIONS ANSWERED

Q. I am experiencing facial movements in addition to those described.

A. Do not be alarmed. Muscle fibres will be stimulated Providing you are experiencing the movement described it will not affect your treatment.

Q. I have been exercising with my Elevate for some time with no noticeable effect.

A. Be patient, it takes time to stimulate sedentary muscles. Initially allow about 6-8 weeks.

Q. What are the benefits of the Elevate exactly?

A. The Elevate will tone and firm slack or weak muscles. It will increase circulation to the skin cells thus nourishing the cells and disposing of toxins and finally but most noticeably the Elevate will visibly tighten specific muscle groups. The en result is a more toned, firmer, smoother and glowing complexion than before.

CONTRAINDICATIONS

- Do not use the Elevate if you suffer from any of the following conditions:
- Over scars (allow at least 6 months) although ultrasound has been proven to help healing of scars.
- Skin disease and disorder (Sclerosis, dermatitis etc)
- Infections or open wounds
- Sunburn
- Suffering from body temperature above 38°C (i.e. fever)

CLEANING AND CARE

1. Switch the unit off before cleaning.
2. Use a damp towel to clean the appliance.
3. DO NOT immerse the appliance in water.
4. Keep this product in a dry, cool and safe place.
5. Do not use any harsh detergents, abrasives, solvents or cleaners. Never immerse in water to clean.

RATING

This product is designed to operate at the following voltages without adaptation:
Input Voltage: 230V-240V ~ 50Hz
Output: 6V DC 600mA

CERTIFICATION

This appliance conforms with the CE directives for radio interference suppression and low-voltage safety and has been built to meet current safety requirements.

CE

DISPOSAL AND THE ENVIRONMENT

If your electrical appliance requires replacement or is of no further use, please think of protecting the environment. Contact you local authority for advice as many have facilities for environmentally safe disposal.

GUARANTEE

This product has been manufactured under the strictest of quality control procedures, and using the highest quality of materials to ensure excellent performance and reliability. Provided the appliance is properly used and maintained it should give long lasting performance.

This appliance comes with a full 12 months manufacturers guarantee that should the appliance stop working within that period then the manufacturer will repair or replace that item – provided that the defect is not found to be a consequence of the product having been misused, i.e. connected to an incorrect voltage, or used contrary to the instructions, or subject to accidental damage, neglect or inexpert repair. The guarantee does not cover accidental damage such as if the appliance is dropped and then stops working.

If the appliance is opened for whatever reason then the guarantee will not be valid.

Your statutory rights are not affected.

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